

'Saw III' is now in theaters. See **B5** for full review of the chilling, horror flick.

Winter got you singing the blues? See **B6** to learn how Seasonal Affective Disorder affects people this time of year.

NW MISSOURIAN

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CONVERGING CAMPUS & COMMUNITY

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WEEKENDWEATHER

FRIDAY



HI 55
LO 29

SATURDAY



HI 51
LO 28

SUNDAY



HI 48
LO 25

ALCOHOLICS ANONYMOUS

Alcoholic Anonymous meetings are held Mondays at 6 p.m. at the Methodist Church Annex.

CANCER SUPPORT GROUP

The third Tuesday of every month a cancer support group is held at Laura Street Baptist Church. Call 582-8874 for more information.

GRAND AFFAIR

St. Francis Auxillary hosts its annual Craft Bazaar and Bakesale 4 p.m. to 9 p.m., Nov. 29; 8 a.m. to 9 p.m., Nov. 30; and 8 a.m. to 4 p.m., Dec. 1.

TODAY

Tri-Sigma's "Speak Out for Stephanie" 7 to 9 p.m. in the Martindale Gymnasium.

Food court buffet.

FRIDAY

Fourth scheduled Aladine installment credited.

Northwest Dance Company fall show, 7:30 p.m., Charles Johnson Theater.

SATURDAY

Northwest Jazz Ensemble, 5 p.m. in Charles Johnson Theater.

SUNDAY

Wesley Center Thanksgiving dinner, 6 p.m.

MONDAY

Studio Jazz Ensemble, 8 p.m. Charles Johnson Theater.

TUESDAY

Student payday. Pick up checks on the first floor of the Administration Building at the Student Services Desk.

Thanksgiving vacation begins, 5 p.m. Residence halls close 6 p.m.

HEARTLAND VIEW

The new Heartland View Web site is up and running. Check it out at Heartlandview.com

Visit the web for:

See our online edition to view a slideshow of "Food Factor" which was held in The Station. The event, hosted by Residence Hall Association, dared students to down disgusting combinations of food and awards were given to those who didn't vomit.

MIDTERM ELECTION

Democrats take Congress

Evan Young
University Editor

It was a victory 12 years in the making. The Democratic Party came out of the 2006 Midterm elections triumphant, winning control of both the U.S. House of Representatives and Senate.

Democrats took 229 seats in the House and 51 in the Senate. Republicans took the remaining 196 and 49 seats, respectively.

"It's time for a change," said Senate majority leader hopeful Harry Reid (D-Nev.), during a post-election Capitol Hill celebration.

The election represented more of a change of political ideology than of political

parties in Congress, according to Richard Frucht, professor and chair of the history, humanities, philosophy and political science department at Northwest.

"The Democrats have gone more toward the middle and the Republicans have lost their middle because most voters see themselves as being in the middle of the political spectrum," Frucht said, referring to the election of more politically moderate, rather than liberal, Democrats to Congress.

Frucht said despite losing majority control, Republicans still maintain some legislative power. President Bush can veto any Democratic legislation that arrives on his desk, and there are enough Republicans in either house of Congress to prevent a veto

override.

While a Democratic House victory became clear before Election Day ended, the fight for the Senate continued into the following day, with the Virginia race still undecided. However, last Thursday, George Allen (R-Va.) conceded defeat to Democratic opponent James Webb by roughly 9,000 votes.

Though Allen could have legally requested a recount because the race was so close, senior Republican officials advised him to concede. Allen decided not to keep fellow Virginians and Americans waiting until possibly December for a recount that would not be in his favor.

Bush said he takes responsibility for

his party's losses on Election Day, and following Allen's concession, he met with top Democrat lawmakers at the White House, promising bipartisan cooperation to "solve common problems."

One of those problems—the one that, according to national exit polls, almost single-handedly delivered Democrats a victory—is the future of the Iraq War.

Exit polls showed 57 percent of voters, nearly six in 10 people, disapproved of the war, while 41 percent approved.

Bush said he is open to suggestions from Democrats on how the United States can best achieve its goals in Iraq.

see **CONGRESS** on A6

Quest for a cure



Tonya Arndt listens to directions for an upcoming paper during Wayne Chandler's composition class Wednesday. Arndt is in the process of applying for an operation in Portugal which may allow her to walk again and involves the use of stem cells from her nose.

Sophomore hopes to travel for surgery

Whitney Keyes
Missourian Reporter

Tonya Arndt is taking the bull by the horns.

She's not waiting for the research to be done. While the stem cell debate is being argued and discussed, she's out finding possible surgeries and cures.

And Arndt, who is paralyzed and confined to a wheelchair, found one. Currently, she is in the process of applying for a stem cell surgery in Portugal that could seriously change her life.

Again.

Arndt was driving to work on Aug. 8, 2004, when her sports car locked tires with a pickup pulling a full size trailer. Still stuck to the vehicle, her car slid down to the trailer, and a round hay bale was knocked off the trailer, onto Arndt's car. The hay bale, which fell directly onto the top of the car, totaled her car. Arndt had one tiny scratch on the top of her head. Mainly though, her fifth vertebra was crushed, which confines Arndt to a wheelchair as a

see **QUEST** on A6



photo courtesy of wikipedia.com

Tonya Arndt is applying for stem cell surgery in Portugal where they will take stem cells from her nose to repair damaged cells in her spine. Arndt has been wheelchair bound since an automobile accident in 2004.

MINIMUM WAGE

University prepares for wage increase

Kristin Summers
Chief Reporter

Starting Jan. 1, 2007, Northwest students employed by the University will see a few extra dollars in their pockets.

Proposition B passed Nov. 7 raising Missouri's minimum, from \$5.15 to \$6.50 an hour.

Paula McLain, student employment coordinator, said the increase affects any department that hires students. She also said around 900 students work on campus with 40 percent making minimum wage.

The proposition sparked several departments to prepare for the increase by e-mailing each other ideas of how the increase will affect them and holding a meeting in October.

President Dean Hubbard said no student jobs or hours will be cut because of the increase.

Ray Courter, vice president of finance and student support services, said the predicted annual cost increase is \$450,000. The money, coming from reserves, will be used to help finish out the University's fiscal year, which ends June 30, 2007.

There are 20 different pay rates on campus, Courter said, and each pay rate will increase a \$1.35. He said the decision to raise the pay rates was decided at the October meeting.

The meeting for the increase could also come from cutting some of the budgets throughout the University who already work under budget, Hubbard said.

Del Morley, director of financial assistance, said he could see the wage increase affecting financial aid, allowing more money for financial reward.

As for tuition increasing, Hubbard said the University is committed to holding tuition as low as possible.

However, Courter said it is likely tuition will since it increases every year. He said minimum wage will probably play a role in tuition raising.

McLain, Hubbard and Courter said the University will be ready for the increase by January. However, Morley said he could see the University scrambling in the spring to make payroll.

VETERANS DAY

Soldiers sacrifice time, school for country

Marcus Meade, Jessica Schmidt
Missourian Reporter, Managing Editor

Freedom isn't free. People pay the price in time, in wounds and in life.

Veterans Day is a time to pay homage to those who have paid the price.

Wars have cost the United States over 1 million lives, according to Cnn.com. But, while casualties are often thought of as the largest price, those who live sacrifice also.

Along with the price of serving far from home, Richard Frucht, professor of history, humanities, philosophy and political science, said that psychological issues stemming from service in war are a burden for many soldiers as well.

"Psychological, that's a big one. That psychological damage can be in the form of

watching a friend die or fear but also taking some else's life," Frucht said.

Nineteen to 21 percent of troops who make it home show symptoms of "post-traumatic stress disorder, depression or anxiety," according to the American Forces Press Service.

Jack Willhoit paid while staying in the United States. He served in the Army, spending 18 months away from home from 1945 to late 1946, typing encoded messages.

Willhoit never saw action overseas. Leaving the Army at the tail end of WWII, he was originally slated for overseas duty but was reassigned to stateside work instead.

Some soldiers weren't as lucky. Northwest student Brandon Schuster,

21, returned in Fall 2005 from a seven-month tour in Iraq. Schuster serves as a lance corporal in the Marine Reserve in the 24th Marine Regiment out of Kansas City.

Stationed in Ramadi, Iraq, Schuster's unit cross-trained as military police and worked as convoy security. He said they escorted securitities for the Iraq army, vehicles, troops, supplies, civilians, contractors and doctors. The unit also cleared routes and searched for roadside bombs and explosives.

Schuster said overall he was treated well overseas, despite some cultural and language barriers.

"They're (Iraqi citizens) not fighting us—they're just trying to live their life,"

see **SOLDIERS** on A6



photo by misty lucinsky / contributing photographer

Veterans gather for the World War I memorial dedication Friday. A 21-gun salute concluded the ceremony.

CAMPUS BRIEFS

Dance company presents
'Entangled Emotions'

The Northwest Dance Company will present its program, "Entangled Emotions," at 7:30 p.m., Nov. 17, at the Mary Linn Performing Arts Center.

Tickets are \$5 and are only available at the door.

ISA hosts annual dinner
'Namaste: a prelude to India'

The Northwest Indian Student Association will hold its annual dinner, "Namaste: a prelude to India," from 6:30 to 9:30 p.m., Nov. 18, in the J.W. Jones Student Union Ballroom.

The event will feature authentic Indian food, music and apparel. Tickets are \$5 for ISA members, \$10 for students and \$12 for faculty and the public. They may be purchased from any ISA member, the Intercultural International Center on the Union's second floor or from Student Services on the Administration Building's first floor.

For more information, e-mail the IIC at iiic@nwmissouri.edu.

'Mr. Northwest' to benefit
the Special Olympics

Alpha Sigma Alpha's "Mr. Northwest" contest will take place at 7:30 p.m., Nov. 20, at the Mary Linn Performing Arts Center.

Proceeds from the competition, themed "It's Raining Men," benefit the Special Olympics. Tickets will be sold at the door, and are \$2 with the donation of a canned food item and \$3 without.

Speakers to look
at mental health

Tara Adkins
Features Editor

College forces students to balance school, work and a social life, which may bring signs of stress, depression or even suicide.

Guest speaker Ross Szabo will battle the topic of mental health issues in his program, "What Happy Faces are Hiding: Talking about Depression," 7 p.m., Nov. 29, in the Mary Linn Performing Arts Center.

"His presentation is phenomenal as he has a way of explaining mental health issues to students towards reducing negative stereotypes and raising awareness of mental distress," said Virginia Murr, director of wellness and assistant director of health services.

At age 16, Szabo was diagnosed as bipolar. Through his presentation, Szabo will teach students about the complications of depression, his personal history of mental health and how to look further than a person's outside appearance to see how they truly feel.

Research shows that if a person says

he or she is suicidal and tells a friend, that friend will most likely keep it a secret, said Jackie Kibler, assistant professor of psychology, sociology and counseling department.

Szabo hopes to empower students to seek help or provide assistance for their friends to seek help through light humor and personal insights.

"Many would be surprised by the number of those who come in for mental health issues on a daily basis," Kersten White, campus counselor, said. "It's important to be aware because it is a common thing and nothing to be afraid to talk about."

The guest speaker is part of the mental health campaign under the suicide prevention grant Northwest received last year for \$45,000 per year for three years.

The grant's purpose is to educate and raise awareness of mental health through training faculty, staff, resident assistants and the Greek community about warning signs of suicide and how to respond.

"We all need some level of help just to get by, and it is crucial we open up and talk about these serious issues," Murr said.

Greeks head
campaign

Angela Smith
Missourian Reporter

For five hours students gripped their pens and wrote until their hands cramped and knuckles turned blue, but for good reason.

Northwest's Greek Life sponsored the St. Jude "Up 'til Dawn" fundraiser in order to raise money and awareness for St. Jude Children's Hospital. On Nov. 13, students created teams and wrote letters to 50 people they knew asking for donations to St. Jude.

St. Jude is a research hospital that treats children with catastrophic diseases.

"The most important thing is that St. Jude's never has to turn away a family," said Veronica Petree, vice president of "Up 'til Dawn." "Because the more funds we raise, the longer they can keep their doors open."

It costs more than \$1.4 million to keep St. Jude running for one day. St. Jude never turns down a patient based on ability to pay and never asks for money from their patients.

Co-vice president of the Sign

Language Club, Jenny Harrison, said she and other members of her organization got involved because of personal reasons.

"We wanted to really help with the 'Up 'til Dawn' fundraiser because our adviser's daughter goes to St. Jude every once in awhile," Harrison said. "We're trying to get each of our teams to raise \$750, but we would love to exceed that in any way."

The letter campaign was just one of many other small fundraisers that will be held throughout the next few months. All of it will lead up to the finale on March 9, 2007, with the Stay Up 'til Dawn campaign. There students will be locked in from 7 p.m. to 7 a.m. to celebrate their fundraising success.

"We stay awake for the kids' sake in honor of the children and parents who have to stay awake for the kids who are receiving chemo treatments," Petree said.

Petree said there is no specific goal on how much they expect to raise. Those wishing to donate can contact Northwest's Greek Life at 562-1226 or visit www.stjude.org.

Students invited to
participate in SAC

Council wants help
deciding how fee
should be spent

Lindsay Jacobs
Chief Reporter

They have brought Chris Cagle and Switchfoot to campus, but not many people know who they are. The Student Activities Council is a group on campus that decides how the activity fee will be spent.

In the fall of 2005 a \$35 activity fee was placed on the bills of undergraduates taking more than six credit hours as well as full-time graduate students.

Students enrolled at Northwest for dual credit, those taking online classes, or classes off campus are not charged.

The fee is charged in both the fall and spring trimesters. Members of SAC are encouraging students to get to know them and what they do because it is the students' money paying for the activities SAC puts on.

Kelli Farris, president of SAC, said the group wants to answer questions students have and get their input and comments. She said they are open to students' opinions.

"We're still so new, a lot of people don't know who we are," Farris said.

The group holds two forums a semester to allow students to have their questions answered and provide input to the group.

Farris said it gives students a chance to find out who the group is and what the activities fee consists of.

Secretary Britney Short said it's important for students to provide input because it's their money the group is spending, and they should

take an active role in where their money goes.

"We value student opinions," Short said.

Short said the biggest complaint she hears is students don't know what SAC is and what events are going on.

In response, the group has a new public relations chair, and a Web site will be coming soon.

SAC holds "Wednesdays Live" and "Thursdays at the Union" on alternating weeks. "Wednesdays Live" features live music, and "Thursdays at the Union" has a different activity each time students can partake in.

On Dec. 5 Jeff Dunham, comedy ventriloquist, will perform at 8 p.m. in the Mary Linn Performing Arts Center.

Tickets are \$5 for students and \$10 for the public.

Logan Galloway, concert committee chair, said Bearcat Idol will be at the Maryville Pub for a few more weeks, but after that it will be on campus.

The final show will be on Jan. 18 in the Mary Linn Performing Arts Center, 15 finalists will perform, and the winner will be decided.

Bearcat Idol is also sponsored by KNTV and X 106.

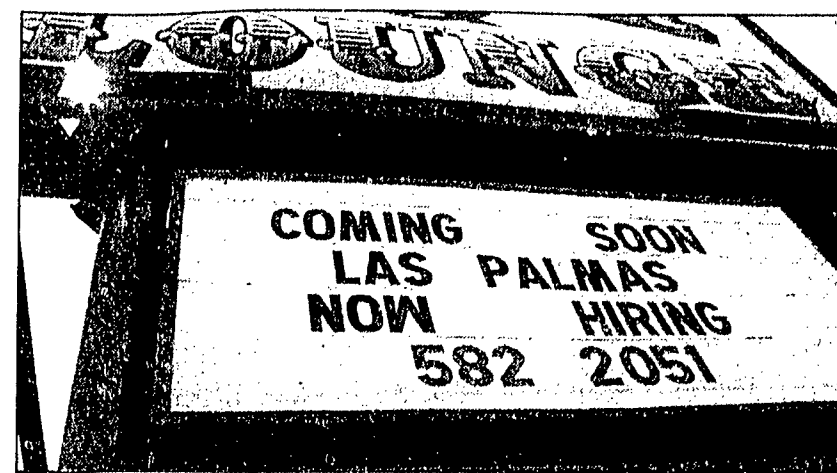
Farris said they will know in a couple weeks who will be performing in the spring concert.

She said tickets will go on sale at the beginning of the winter trimester.

Students are encouraged to contact SAC with ideas they have on entertainment that can be brought to campus.

However, Farris said it's important for students to be educated on what's possible to bring to campus.

SAC can be reached by e-mail at sac@nwmissouri.edu or by calling the Campus Activities Office at 562-1226.



Las Palmas a Mexican restaurant will soon open next to La Bonita.

Businesses to
join Maryville

Lindsay Jacobs
Chief Reporter

Maryville will have some new options when it comes to dining and finding something to do.

There are several new businesses coming to town.

The 9-Ball Club, a pool hall, is located where Movie Magic used to be. The facility is owned by Spencer Miller and Jim Pruthero.

Miller said they are opening it to fill the void in town of things to do. It is an alcohol-free environment.

There are six pool tables, and will be adding another billiards game, snooker, which will be in a separate room.

They are also looking into getting darts and video games. A touch-screen machine has been purchased. Internet hook-up will also be available.

The cost is \$6 per table each hour. Concessions are available, and there is free coffee.

Spencer said the grand opening will be during the first part of December.

"We hope that we'll get community support and be successful," Miller said.

The Snappin' Turtle will open after Thanksgiving Break. It is opening as a bar, but owner, Darick Turner, said they are looking to eventually bring food to their business.

Turner said he is a Northwest alum, and opening it as a way of giving back to the community.

"I think most patrons will be more than happy," Turner said.

They gutted the inside of what used to be a café. Construction in the facility has been ongoing for the past six weeks, but Turner said he has been looking to bring the Snappin' Turtle to town for the past nine months.

He said he chose the location because he feels it's the center of Maryville and wants to be part of the growth on the square.

He is not worried about having Carson's next door as competition

because he said the two businesses will complement each other.

"It's great having them as neighbors," Turner said.

Carson Riedel, owner of Carson's, declined to comment on the Snappin' Turtle moving next door.

Las Palmas, a Mexican restaurant, will open the week of Nov. 27. Their menu features Mexican food, but eventually they will look in to adding traditional American food to their menu.

Chris Hamlin, general manager said there is a Las Palmas in St. Joseph, and they are looking to build more.

"We don't want to stop here yet," Hamlin said.

The restaurant has a lounge, two dining rooms and two banquet rooms, which banquet rooms will be available to rent for an event or meeting.

Hamlin said he thinks their neighbors, with La Bonita, and his business are different enough to complement each other and won't put the other out of business.

"I think there's enough room for both of us," Hamlin said. "If anything it will be a friendly competition."

Maria Bermudez, cashier at La Bonita, said they realize Maryville is big and they will have competition, but she doesn't know why the competition has to be next door.

Bermudez said when Julio's opened last spring La Bonita didn't do too badly.

She said the owner will have more lunch specials, and there will also be dinner specials. More items will be added to the menu.

A plaza is being built on Main Street. The owner is George Groumoutis.

However, Groumoutis was unavailable for comment and his son, Deno, said initially six units will be built, and once they are filled three more will be built.

Groumoutis said each until is approximately 1,650 square feet, and they will be completed between April and May.

Maryville prepares
for football playoffs

Dominic Genetti
Community Editor

Bearcat football and a sold-out stadium, what do they have in common? While some see it as the road to glory, business managers and employees see it as a time of preparation.

Nonetheless, those preparing for the upcoming playoffs have an extra week to do so. After defeating Southwest Baptist University last weekend the Bearcats finished the season undefeated at 11-0 earning a first round bye in the playoffs.

Northwest's first playoff game will be Nov. 25 in Maryville.

"Since we've won the conference, we've got a couple conference t-shirts coming out," said Jack's Nitch Sporting Goods Manager Mitch Herring.

Along with producing conference t-shirts, Herring and his staff are gearing up in the stock room with extra quantities of popular Bearcat merchandise and apparel. Next to T-shirts, Herring said hooded sweatshirts are in high demand from the Northwest faithful.

In addition to being fully stocked for the postseason, Jack's Nitch is planning to open early and have several sales.

"I hope that they can win," Herring, a former Bearcat, said. "If they do, we'll have three home games and we'll do something different each week."

Like Herring, Wal-Mart Co-Manager Dale Rodney is preparing for large turnout of patrons as well. Rodney said more Northwest

merchandise has been ordered for the many that will be visiting Wal-Mart and Maryville. "Apparel seems to be a big area, a big focus," Rodney said.

However, at Wal-Mart much more is in need of preparation compared to other local stores. Winter accessories will be moved to the front of the store to accommodate customers in need of warmth for the upcoming playoff games, Rodney said.

Food is a priority to have set during this portion of the season. Rodney said the store is looking at food areas for parties and tailgating.

Chips, cakes, hot dogs and of course beer are some of the many items Wal-Mart is keeping in stock.

Rodney said little things such as bench seats, hand warmers and hot chocolate will be easy finds for customers.

Local hotels are feeling the effects of the postseason also. At the Heli-Dempsey said a large number of rooms were booked so far in advance the visiting teams could not stay.

"The problem we're running into is we've got a lot of hunters and we have football season on top of us," Dempsey said.

According to Dempsey, many hunters stay at the hotel for a period of time at the beginning of the hunting season. He said some make reservations for the following year when checking out.

Dempsey said a majority of the customers to the hotel during the playoffs are parents and NCAA officials.

"If they do [win], we'll have three home games and we'll do something different each week,"

Mitch Herring, manager, Jack's Nitch Sporting Goods

Veteran's honored at service

Marcus Meade
Missourian Reporter

Tom Carneal, local historian and curator of the Nodaway County Historical Society and Museum, laid out the facts.

Eighty-four years ago, 44 trees were planted to remember 44 men.

Eighty-three years ago, two plaques bearing the names of those men were hung to honor them. Since then, those trees have died, but the plaques remain, and Friday they were given tribute once again.

Last Saturday marked the 87th anniversary of Veterans Day, formally known as Armistice Day. In observance of Veterans Day, the Maryville chapter of the Daughters of the American Revolution rededicated the WWI memorial plaques, which list the names of Nodaway County men killed.

Speaker Steven Trout, English professor from Fort Hays State University and scholar of WWI literature, knows the importance of the memorial.

"I think if in a literature class, for example, you read the novel 'One of Ours,' which is about an American soldier killed in WWI, and you sort of reflect on that memorial in light of that piece of literature then I think it becomes very, very meaningful," Trout said.

Trout is worried, however, that the plaques may go unnoticed by the student population.

"It's extremely important as long as people pay attention to them,"

Steven Trout, scholar of WWI literature

long as people pay attention to them. If the names are just there and people walk past them every day on campus, and they don't make any effort to try to understand what those names represent then I think you're not achieving anything," Trout said.

The dedication and 21-gun salute followed a related seminar from the day before.

On Thursday, the English department held a seminar on the life and works of Willa Cather, writer of two different WWI novels including "One of Ours," a Pulitzer Prize winner in 1922.

Forty-four lives is what WWI cost Nodaway County. Each has its place in history and is now memorialized.

According to Steve Shively, associate professor of English and Cather expert at Northwest, Cather brought unique qualities to her writings.

"She took big movements, the westward expansion movement, the settlement of new areas, and she put real human beings in them," Shively said. "She brought a strong sense of humanity to them, the value of an individual life and the importance of individuals to great historical movements."

"She recognizes both the benefits and the costs of things...she can celebrate some of the achievements and the glorious feelings that touch people's hearts, but she also can capture the sadness and the tragedy of it (war)."

Forty-four lives is what WWI cost Nodaway County. Each has its place in history and is now memorialized.



Steve Perkins (center left) leads Hye Jin Yoo (right, sitting) and Roxanne Talley (right, standing) through one of the Parables Tuesday, Nov. 7. Perkins plays Jesus in the musical "Godspell" which takes an alternative look at the Parables and Crucifixion of Christ.

Play takes look at crucifixion of Christ

Andrea James
Missourian Reporter

Song and dance attracted both local residents and out of state citizens this weekend to Mary Linn Performing Arts Center.

Theatre Northwest presented "Godspell" Thursday, Nov. 9, through Sunday, Nov. 12. The hit Broadway musical drew in more than 800 viewers from Maryville and surrounding areas.

Amanda Petefish-Schrag, assistant professor of theater at Northwest, directed the show. She said she was happy with the final product.

"You never have a show completely go according to plan. You can control as much as you can and then prepare for what you can't. That's the great thing about theater," Petefish-Schrag said.

Schrag said.

The musical puts a humorous twist to the Gospel of Matthew, according to MusicalsSchwartz.com. MusicalsSchwartz.com is a web site that is dedicated to Stephen Schwartz. Schwartz wrote the music and lyrics for "Godspell."

"Godspell" features parables such as "the good Samaritan" in a way that is supposed to cause joy for the audience.

Northwest freshman Stephanie Riley enjoyed the musical. She had to attend the event due to a freshmen seminar requirement.

"I liked 'Godspell' because it wasn't fake and it was something you could get in to," Riley said.

"Godspell" consisted of 11 cast members. They used their imagination and clothes to convey the production's message to the audience.

One by one, each character took off a small article of clothing and presented it to Jesus Christ. According to Petefish-Schrag, this symbolizes shedding the layers we use to keep people away.

"As people, we have layers to help us keep people at a distance. As the characters in the play discovered ways of connecting, they let go of their layers," Petefish-Schrag said.

Cast members also used simplified realism to act out each parable by pretending to be goats and lambs or even kings and paupers.

Petefish-Schrag hoped the audience walked out of Mary Linn with a new perspective on the parables and Jesus' teachings.

"The parables are a means to an end. They get the point across that

everything is geared to the thought if you love God you will love fellow people," Petefish-Schrag said.

Burlington Junction, MO, resident Cindy Whitney enjoyed the show.

"The voices of the singers were excellent and I loved the way they projected their voices," Whitney said.

The Whitney family attended the performance based on the recommendation of their son's piano teacher.

They were told that the show was wonderful to watch and the music was beautiful, according to Whitney.

Petefish-Schrag is happy she had the opportunity to direct a musical at Northwest.

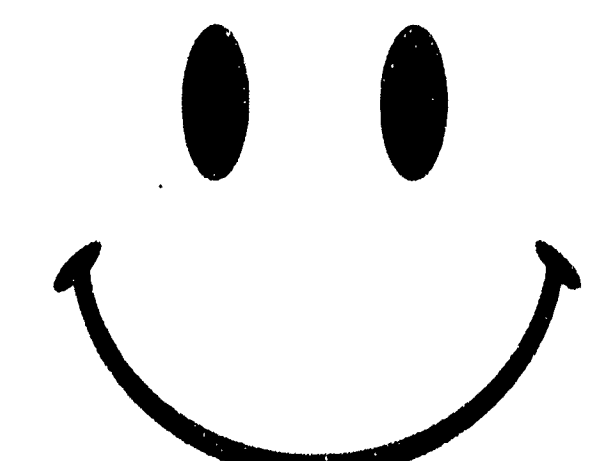
"It was a great experience. There is a constant reality that you love the show while it's going on, but it is also nice to be done and thinking about the next show," Petefish-Schrag said.

Petefish-Schrag's next chance to direct a show is in March with "The Glass Menagerie."

What Is This
Happy Face Hiding?

Find Out...
Come Hear Ross Szabo
November 29th at 7:00pm
Mary Linn Performing
Arts Center

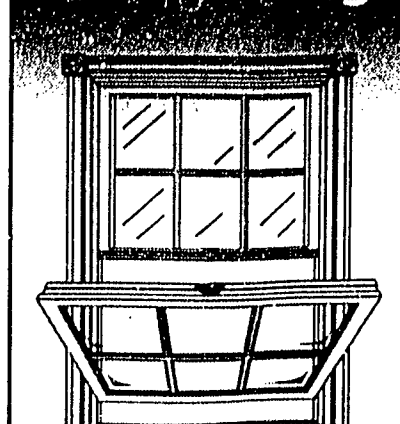
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HISTORY LESSON



Students from Maryville High School's drama department perform "The Complete History of America (abridged)" Friday night. The play is based on historical events but offers a "skewed" version, according to director Stephen Kibler.

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—OUR VIEW

Media attention shifts to celebs

The 2006 Midterm elections contained big-name races: McCaskill vs. Talent, Webb vs. Allen, Spears vs. Federline...

Yes, folks, you read that last one right—perhaps the biggest battle of them all. At least, we were made to think so by the blaring “breaking news” coverage found on a number of news organizations’ Web sites Election Day afternoon.

In what became one of the most important elections of the decade, one that resulted in the Democrats winning a 12-year political “tug of war” over the Republicans, news organizations such as CNN and Fox News were bitten by the “infotainment” bug.

Placed above all election coverage just hours before the first polls closed, “Britney Spears divorcing” and similar banners filled spaces normally reserved for bigger, perhaps more pertinent headlines such as, “Bin Laden killed in missile strike” or “U.S. forces to leave Iraq by January.”

The blitz continued into the next day. Even as Democrats were celebrating the departure of embattled Defense Secretary Donald Rumsfeld, one could still find stories regarding the controversial celebrity couple’s split on news homepages across the Web. It was an uncalled for interruption of top-notch online election coverage.

Internet journalism has effectively surpassed other media outlets for delivering the quickest, most up-to-date news of the world. It is not limited by time or space, like radio, television and newspapers. Stories no longer have to be placed on a page or wait for the morning or evening newscast to be aired.

However, with this seemingly limitless technology comes the need for news organizations to exert more caution when prioritizing their stories. The ease of posting news on the Web must not lead to a new, trigger-happy media that disregards impact and accuracy.

As aspiring journalists, we at the *Northwest Missourian* do our best to place stories in our print and online editions based on how and how many readers are affected. It would’ve been a shock to both campus and community had we delivered a paper last week with the pop princess and her deadbeat ex above the fold, rather than the county and state election results.

In broadening our online journalistic skills, we often look to Web sites such as CNN.com and Foxnews.com for inspiration. We ask that they keep their standards high when deciding what the news is and where it should go.

—LETTER TO THE EDITOR

In response to Brent Burkland’s column he wrote, “I was shocked to see how ignorant many people are to the issue.” Judging from the column, he is chief among them.

First, there are two forms of stem cell research. Adult Stem Cell Research doesn’t involve cloned embryos, has produced numerous medical cures, and to my knowledge has no group (or bumper stickers) opposed to it.

Embryonic Stem Cell Research destroys cloned embryos, has produced no medical benefits despite years of research, and has many people, who understand the difference, in strong opposition to it.

He also initially stated, “Stem cell research does involve the termination of an UNFERTILIZED egg.” Then two paragraphs later writes, “What stem cell research is in a nutshell is taking a FERTILIZED egg and removing the stem cells...” It wouldn’t be embryonic stem cell research if they weren’t taken from an embryo. Furthermore, he goes on to say, “Then the egg dies.” How can it die if it isn’t alive?

But Pro-Choice’s should be against this amendment as well. If anti-abortion bills without exception for the health of the mother bother you, Amendment 2 (section 7) prohibits women suing the

Fred Rolfs
Father and Business Owner



—COLUMN

Big Tobacco wins race for now

Victory at least tempts most people.

Nope, not you. Not Missouri. Some Missourians proved on Election Day they are perfectly content with sweating it out at dismal 49 in the tobacco tax race—Missouri’s 17-cent tax ranks only behind South Carolina’s.

Missourians had the chance to finish in the middle of the race by passing Amendment 3 and raise the tax on tobacco to 97 cents—a mere 17 cents above the 80-cent U.S. median. You had the chance to fuel millions into smoking cessation programs and health care for the poor, but instead you worried about what a pack of “smokes” was going to cost.

Instead, signs hanging outside convenience stores claiming the amendment was merely 400 percent tax abuse fooled you. Yes, fooled you



Stephanie Strangl
Editor in Chief

into thinking this initiative wouldn’t do what it claimed.

It’s true. The tax proposed more than a 400 percent increase. Seventeen cents times four is 68 cents. But I guess when you put it into percent it does look a little more daunting. That’s what convenience stores and Big Tobacco wanted.

But is 80 cents per pack to help save lives that much to ask?

Furthermore, the bill was backed by such entities as the American Heart Association and the American Lung Association. Tell me, what do they have to lose? Non-profit industries that spend each day vested in the best interest of the public it serves.

On the opposing side sat Big Tobacco, convenience stores and “Missourians Against Tax Abuse” that is funded by Big Tobacco.

Many of us have lost a loved one to smoking, which may have been prevented if the cost of cigarettes had been raised years ago. Virginia Murr, director of wellness and assistant director of health services at the University Health Center, said multiple studies have shown the direct correlation between smoking and cost—higher costs acting as a successful deterrent.

The defeat of this initiative speaks volumes in terms of the values we hold. Health officials and citizens try to do something to help you, and you meet it begrudgingly. Keeping cigarettes cheap apparently ranks above helping people quit smoking and saving lives.

My mother found out last April she has a brain aneurysm, which could burst at any instant. Doctors told her repeatedly that if she continues to smoke, the vessels leading to the aneurysm could weaken and increase the chance of rupture.

But smoking makes my mother

happy. She told me over the phone one day that she would rather smoke, be content and risk a shorter life, than quit and be miserable. So day in and day out she smokes like a chimney, and I get to worry about when her time is up.

Nationally, I hope they continue to raise the price of tobacco to the point cigarettes aren’t worth it for my mother. I hope they raise the tax enough before I have to hold her hand while she’s holding onto life in a barren hospital room somewhere.

Health providers, such as Health Education Coordinator Teri Harr at St. Francis, are attempting to find out exactly why the initiative failed. Hopefully, the measure will return to the Missouri ballot as soon as possible. Maybe then enough Missourians will lose a loved one so they approve the tax and prevent more lives from being taken.

Hopefully, the race is far from over and there’s still time for Missouri to catch up.

—COLUMN

I wrote this 10 minutes before deadline

It was my fifth, sixth, or maybe seventh can of Mountain Dew. I stared at the computer screen and the words blurred. My eyes were dry and itchy. I was dizzy, sweaty and my heart was palpating from too much caffeine.

No, I wasn’t sick—I was procrastinating.

It’s a trait I’ve perfected and mastered for 11 years. I’ve decided to try and kick the habit for the fourth time in my college career.

I know what you’re thinking. It’s your own fault—you let the addiction set in. No, that’s where you’re wrong. I have a genetic predisposition for it.

The apple does not fall far from the tree in my family. I learned and



Jessica Schmidt
Managing Editor

mastered my procrastination techniques from daddy dearest.

Maybe it’s because he’s a farmer and has to work under pressure—whatever the reason, at times my father can put the greatest procrastinators to shame.

I remember the day my procrastination fix began. It was the spring semester of fifth grade. I attended a parochial Lutheran elementary

school where we had to memorize scripture from the Bible and recite it back during our “religion hour.” Needless to say I can’t remember a word of it today, but I do remember the day I tried to cram those passages into my brain five minutes before my name was called.

Somehow I made it through and then I realized, I could actually put in less time and get similar results. Just let it slide until the last possible minute and maintain mediocrity.

After that day I was hooked. Much of my high school academic life was spent piddling away the hours until I couldn’t wait any longer. There have been brief moments in my academic career when I escaped the procrastination’s grips.

At times in high school I excelled—finishing projects almost a whole day before they were due. My first semester at Northwest I actually avoided it all together.

One thing is for sure, unless a project is so huge it cannot be avoided or it’s something I’m terribly excited about, I’ve always found away to put it off for a little while.

At least I’m not alone in my

addiction. I see fellow addicts all across campus. I can diagnose them in a heartbeat. They have circles under the eyes, exhibit jittery, nervous behavior and brag about their latest deadline conquest.

Some of us rationalize that we are preparing for the future. For instance, my field requires me to work well under pressure. For me, procrastination can be the ultimate training tool.

I wish I could say I’ve gotten better about it. In some ways I have, and, like a good addict, I always vow that I will not let it happen again. But there is always one project that sends me over the edge...into the depths of my greatest friend and foe.

As for this semester, at least I’ve checked out the books I need for my papers.

My next paper is due Nov. 27...the countdown is on.

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“I didn’t really pay attention.”
Chris Kennaley
Corporate Recruitment, Wellness



“I’m happy because minimum wage is being raised.”
Amy Beck
Decoding



“No, I don’t think minimum wage should be raised.”
Brendan Nelson
Marketing/Management



“No, I didn’t want the stem cell bill to be passed and I didn’t want Claire McCaskill in office.”
Haley Woutzke
Elementary Education



“I guess so, because people’s voices were heard.”
Brian Biggs
Public Administration

CAMPUSALIK

Are you happy with the election results?

PUBLIC SAFETY

Nov. 7
■Property damage, playground equipment, 1200 block E. Halsey

Nov. 9
■Joshua A. Kinder, 23, Maryville, possession of 35 grams of marijuana, possession of drug paraphernalia, equipment violation, no valid license, 100 block W. 16th

■Property damage, restroom sink, 400 block N. Buchanan

■Steven W. Metcalf, 44, Maryville, disorderly conduct, 300 block S. Clayton

■Mark M. Euston, 23, Maryville, affray; Dennis E. VanAusdal, 23, Maryville, affray; Kristopher K. Asher, 22, Maryville, affray; Ryan S. Hansel, affray; Joseph K. Salmons, 22, Maryville, false information to an officer, 300 block N. Markets

Nov. 10
■Tyler C. Salsbury, 19, Maryville, MIP, 400 block E. 14th

■Nikki R. Kidwell, 19, Maryville, Affray, MIP; Casey B. Delaney, 21, Maryville, Affray, 300 block N. Market

■Property damage, carport, 100 block E. South Ave.

■Property damage, padlock, 1300 block N. Main

■Andrew D. Justice, 18, Maryville, assault; Ryan N. Justice, 17, Maryville, assault, property damage, 300 block E. Fourth

■Larceny, gas, 2500 block S. Main

Nov. 11
■Sarah K. York, permitting a peace disturbance, 1200 block N. Mulberry

■Ryan A. Brown, 23, Maryville, DWI, careless and imprudent driving, 200 block N. Davis

■Recovered property, blue/green bike, 300 block N. Walnut

■Tony R. Knapp Jr., 21, St. Joseph, Mo., failure to appear, 400 block N. Market

Nov. 12
■Larceny from a vehicle, cell phone charger, car wash tokens, cash, MP3 player, personal IDs and bank cards, 600 block Fourth

■Larceny from a vehicle, cash, 400 block N. Saunders

■Property damage, mailbox, 1600 block N. College Drive

ACCIDENTS

Nov. 5
■Annette C. Mullins, 44, Skidmore, Mo., and Julia M. Larson, 20, Omaha, Neb., collided at 1600 block S. Main.

Nov. 7
■An unknown driver struck a vehicle owned by Stacy L. Hester, Maryville, at 1600 block S. Main.

Nov. 8
■Alice S. Wong, 46, Maryville, and Neva Thompson, Maryville, at Summit Drive and Main.

Nov. 10
■An unknown driver struck a vehicle owned by Juanita Carmichael, Maryville, at Lieber and Market.

■An unknown driver struck a parked vehicle owned by Bobby L. Lisek, Springfield, Mo., at 2900 block S. Main.

■Amy L. Slaymaker, 20, Clarinda, Iowa, and Christopher J. King, 21, Maryville, at Third and Munn.

Nov. 13

■Mitchell S. Riley, 23, collided with Terina K. Sears, 48, Maryville, at First and Country Club. Riley was cited with failure to stop.

OBITUARIES

Marcella Staab, 75, died Monday, Nov. 13, 2006, at her home in Maryville.

She was born Oct. 8, 1931 in Hays, Kan., to Peter and Susan (Befort) Leiker.

A graduate of Hays Kansas High School, she married Edward Staab Aug. 21, 1950 in Hays. Marcella was a sales clerk for Davis Paint and retired from Woodruff-Arnold after eight years and was a member of St. Gregory Barbarigo Catholic Church. She was also a volunteer for Red Cross and Meals on Wheels.

She was preceded in death by her husband, Edward Staab and four brothers, Alois, Alexander, A. P. and Alfred Leiker.

She is survived by her daughter, Deborah Lynn Dougan, Ravenwood, Mo.; sons, Frank Staab, Surprise, Ariz., and Steve Staab, Barnett, Mo.; seven grandchildren; five great-grandchildren; sister, Loretta Leiker, Dallas; brother, Edward Leiker, Munjor, Kan.

A Legion of Mary Rosary was held Wednesday at Price Funeral Home, Maryville. Visitation was Wednesday followed by a Parish Prayer Service at Price Funeral Home Chapel.

Mass of Christian Burial is today at St. Gregory Barbarigo Catholic Church, Maryville. Burial was at St. Patrick’s Cemetery Maryville. Memorials may be made to American Cancer Society of Nodaway County or St. Gregory’s School Fund.

Barbara Jean Harman, 70, Barnard, Mo., died Sunday, Nov. 12, 2006, at St. Francis Hospital, Maryville.

She was born March 25, 1936 in Fillmore, Mo., to Ralph and Ethel Waegle. A graduate of Fillmore High School, she married Ivan Milton Harman Jan. 4, 1960 in Savannah, Mo. Barbara was a homemaker and a member of the Barnard Christian Church.

She was preceded in death by her husband, Ivan Milton and son, Ivan Wayne.

She is survived by a daughter, Angela Rose Warden, Barnard; a grandson, Kyle Alan Wolf, Barnard, and two nephews who were raised in the home, Victor Thomas Coulter, Barnard, and Steven Dewayne Coulter, Guilford, Mo.

Visitation was Tuesday, Price Funeral Home Chapel, Maryville. Funeral Services were Wednesday at Price Funeral Home Chapel. Burial is at American Legion Cemetery, Barnard.

Genevieve Kathleen “Genie” Warren, 79, died Saturday, Nov. 11, 2006, at her home in Bolckow, Mo.

She was born March 3, 1927 in Guilford, Mo., to Bernard and Ellen (Reidlinger) McGarey.

She married Oris Whetstone on Oct. 20, 1947 in Maryville. He preceded her in death on Aug. 27, 1974.

On Nov. 11, 1982, Genevieve and Laverne Warren were married in Savannah, Mo. He preceded her in death on Feb. 1, 1985.

Warren was a teller at Citizens State Bank and Bank Midwest in Maryville, until retirement in 2000. She was a member of St. Gregory Barbarigo Catholic Church.

She was also preceded in death by two brothers, Donald McGarey and an infant.

She is survived by her daughters, Joyce and husband Jim Brown, and Janice and husband Jim DeFreece, all of Ravenwood, Mo.; granddaughters, Toni and husband Rick Eckley, Louisburg, Kan., Nichole and

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husband Shane Hux, Mound City, Mo.; a great-granddaughter, Kendall Hux; sister, Bea Mounts, Maryville; brother-in-law, Lavelle Warren and wife Geraldine, Fillmore, Mo., and several nieces and nephews.

A Legion of Mary Rosary was held Monday followed by a formal visitation and a Parish Prayer Service at Price Funeral Home Chapel, Maryville. Mass of Christian Burial was held Tuesday at St. Gregory Barbarigo Catholic Church.

Burial will be at St. Mary’s Cemetery, Maryville. Memorials may be made to the Savannah Missouri Public Library.

BIRTHS

Layne Mikel Brown

Matt and Jenny Brown, Clarinda, Iowa, are the parents of Layne Mikel Brown, born Nov. 6, 2006 at St. Francis Hospital.

He weighed 9 pounds and 10 ounces. He is their first child.

Grandparents are Larry and Janice Barr, Jamie and Rhonda Campbell, and Doug and Nicole Brown, all from Clarinda, Iowa.

Great-grandparents are Wilbur Darley, Clarinda, Virginia Turner, New Market, Iowa, Bob Barr, Clarinda, Gene and Marilyn Mulkins and Don and Pat Brown, Clarinda.

Lakota James Rucker

James M.E. and Kristin Rucker, Hopkins, Mo., are the parents of Lakota James Rucker, born Nov. 11, 2006 at St. Francis Hospital Maryville.

He weighed 6 pounds and 11 ounces. He joins one brother, Corby Rucker.

Grandparents Lon and Paula Gohtrie, Maryville, Ed and Stephanie Rucker, Hopkins.

Great-grandmothers are Lucille Guthrie, Maryville, and Anita Dougherty, Hopkins.

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Brainiac's Tips:

Use aromas when you study. They help awaken your senses. Heat up some apple cider or popcorn in the microwave.

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582-2300

HOLDING IT IN

Shown Gentry chokes back his “dinner” of stuffing with sardines and blue cheese dressing, sweet potatoes with chicken glaze and sauerkraut, and two other entrees Tuesday night during Food Factor. The event was sponsored by the Residence Hall Association.

Visit us online for additional pictures of Food Factor.

photos by Kelly White photography and art



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Tuesday, November 28th Through Thursday, November 30th

Student Union Building
(across from the bookstore)
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Go to “Scheduling” and click “new user”.

Complete with registration password: nwmissouri

Portrait hours will extend to 5-9 p.m.

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Teaching takes active approach

Sarah Dulinsky
Missourian Reporter

The art of teaching might be changing, but Northwest already has a head start.

Carolyn Roberts from the University of Gloucestershire in the United Kingdom talked to Northwest faculty about a new style of education called active teaching Monday.

The presentation gave faculty at Northwest an overview of different approaches on how to use active teaching. It also let share give examples of how they have used this approach in the classroom.

Roberts said that active teaching focuses on hands on learning.

"The traditional teaching approach of standing in front of a platform and lecturing has no effect on students learning," Roberts said.

Northwest is known for its active teaching style in many classroom settings. Several teachers said they use this approach because it gives students experience.

"I get students to bring in examples of how they are learning," said Melody Hubbard assistant professor of communication theatre and language.

The approach to active learning at the University of Gloucestershire was developed Kolb Learning Cycle and the Performances of

Understanding. These educators focus on helping to educate classroom practice. Experience, reflection, generalizing and testing all lead to understanding. These steps are taken when engaging in active learning.

Active learning requires students to use knowledge in new ways. Roberts said that if professors concentrate on these areas their teaching will stick with students instead of the information being put in the back of their minds.

Roberts closed her session with a quote from Confucius 450 B.C. "Tell me and I will forget, show me and I may remember. Involve me, and I will understand."

CONGRESS: Republicans lose majority control

continued from A1

"Whatever party we come from we all have a responsibility to ensure that these troops have the resources and support they need to prevail," he told reporters last week.

He has already heeded to one suggestion. Following the Democratic takeover, he announced controversial Secretary of Defense Donald Rumsfeld's resignation and nominated Texas A&M University president and former CIA director Robert Gates as his replacement.

However, on Sunday, after Democrats announced a proposal to begin withdrawing U.S. troops from Iraq within four to six months, White House officials said Bush would block any timetable legislation on the grounds that a withdrawal would weaken the Iraqi government.

Bush has been meeting with a bipartisan Iraq Study Group, which will release recommendations later this month on strengthening the Iraqi government and security forces, as well as a possible exit strategy.

Frucht said that, short of voting to cut war funding when they convene next year, Congressional Democrats could do little to bring

troops home from Iraq.

"They can't force that issue, only put pressure on the White House. They can do more about domestic issues, like health care," Frucht said.

However, winning the Congressional majority is a step in the right direction, he said.

"This election was a wake-up call to Bush," Frucht said. "If this drives home reality, not wishful thinking regarding Iraq, this election was a success."

However, regarding calls for Bush impeachment hearings from Democrats such as Michigan congressman John Conyers, Frucht said it is an unproductive route to take.

"That's stupid," he said. "You're not getting anything accomplished."

California representative Nancy Pelosi shares the same feelings.

The projected first woman speaker of the House told *Newsweek* magazine before the election she did not want Congress to turn into a "courthouse." Though she wants hearings on Iraq, intelligence oversight and other issues of possible corruption, Pelosi said she wants to shift the focus from what the Bush administration has done wrong to how things can be

made right.

She told *Newsweek* she wants to make her party out to be "leaders" and not "petty and revenge-hungry."

Despite the difficulty of passing bills with a Republican president in the White House, Pelosi vowed that in her first 100 hours as speaker, she would push for legislation such as implementing all Sept. 11 Commission recommendations, raising the minimum wage to \$7.25, allowing the government to negotiate Medicare drug prices, cutting interest rates on college loans and supporting embryonic stem cell research.

Frucht said a majority of Americans would support the Democrats' legislative objectives, and Bush would be smart to cooperate in their passage.

"If the Democrats pass a minimum wage increase, it would be political suicide for Bush and the GOP to veto it," Frucht said. "If the Democrats play it smartly, they can get a lot done."

And getting a lot done will be key in determining whether the party will take control of the White House in 2008.

"If they succeed, they'll do well in 2008," Frucht said. "If not, they'll suffer the consequences."

SOLDIERS: Local servicemen remember tours

continued from A1

Schuster said. "They were annoyed by us sometimes because we are somewhat of an inconvenience."

At 18, Schuster joined the military and started college at Northwest in Fall 2004. He said several of his family members have or are currently serving in the military.

"I thought ahead to when I was 30, and I didn't want to look back with any regrets," Schuster said. "I've always highly respected those who served. I wanted to get that experience for myself."

A down side of Schuster's service is that his college career has taken a backseat. His deployment interrupted his second semester of school, and he doesn't expect to graduate until 2009.

"We are looking at another deployment this upcoming summer," Schuster said. "In Spring 2007, I will only be a sophomore so it's frustrating at times."

"The hardest thing for someone like me who's in school... is that my friends still here—they're a semester away from graduating," Schuster said. "It's all things

I realized before hand, it's just the risk I had to take."

Schuster's contract is up in 2009, and he isn't sure if he wants to re-enlist yet.

"I'm trying to get through college, but I will probably wait it out and see where I'm at then," Schuster said.

With the war in Iraq dragging on and redeployment on the loom, many soldiers will be leaving their families once again.

The casualties will continue, the time will pass and the unseen scars will appear, reminding that freedom isn't free.

QUEST: Student hopes to walk again after treatment

continued from A1

paraplegic.

"It was perfectly wrong timing," Arndt said.

The other driver experienced no injuries, but Arndt was flown into St. Joseph for treatment. After two months in the hospital, baffling doctors with her rare injury, Arndt was released for home. She was allowed back to school for the second semester of her senior year.

Arndt, who was used to living in her family's cabin by herself, and being totally independent had to learn how to depend on her family more. The change also meant no more dancing or basketball, and a lot more physical therapy. It meant an end to her spontaneous nature—she had to think beforehand about where she could travel—which places were accessible for her and her wheelchair.

These days, Arndt motors around Northwest in her power chair and has four attendants, which help her out on a daily basis. Besides being confined to her wheelchair, Arndt has limited sensation throughout her body. She is, however, staying positive, and enjoys in what she can do—wriggle her toe.

"I honestly don't think I'll be in a wheelchair forever," Arndt said.

This goal of Arndt's, to be out of her wheelchair and walking some day could be a possibility. The surgery she is applying for in Portugal has produced some tremendous results after completion. Arndt refuses to rule out that she could be walking post surgery and even more physical therapy.

The surgery is unique in its procedure, especially because it is a stem cell surgery. Through her research, she found several options, including one in China. However, she decided the Portugal surgery was her best option by talking to other patients and "gobs and gobs of research." The surgery would take stem cells from her nose, and then aim to recover her sensory and reflex motor function below her spinal cord injury. This includes sensation throughout her body, and any movements, including walking.

"I would love to be able to walk, but gaining the fine motor movement in hands would be huge," Arndt said.

None of these recoveries could be possible though without the use of her stem cells from her olfactory bulb in her nose. The surgery uses adult stem cells, so it is not quite as controversial as the embryonic stem cell research which uses stem cell from an embryo.

These embryonic stem cells are collected from laboratories which partner sperm and egg together, and then freeze them. Adult stem cells are almost collected from the patients own body.

Since Arndt's possible surgery will take place in Portugal, the mid-term election regarding Amendment two and stem cell research would not necessarily affect her impending surgery.

However, it has affected her opinion, and changed her views toward the entire debate. Arndt, who never really thought about stem cell

usage prior to her accident, said she assumed she was against it.

"I never knew about it before, but now I see the research could dramatically affect my life. I am definitely glad it passed," Arndt said.

She says the best thing someone can do, is actually take the time to do the research, and read. The amount of people who vote without researching the issue is shocking to Arndt. The law, which barely passed by 2 percent, will give patients the right and privilege to cure or therapies that spur from stem cell research. It also prohibits Missouri from refusing funds for research. The law does ban human cloning though.

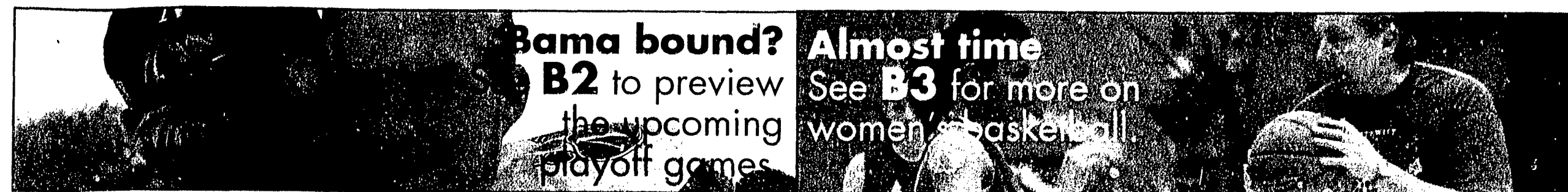
Arndt said in her opinion that most opposition to the law comes from people listening to the wrong sources, and not taking the time to fully understand the amendment.

"Before the accident, I wasn't too aware, but I've done some research. I would say I am a pretty strong advocate for it now," said Jarin Gamet, a friend of Arndt's since grade school.

To have the technology available, and the knowledge to change lives, yet not do it, is unacceptable in Arndt's eyes. She is thankful that she is able to travel overseas for her surgery, but hopes that someday, even those who aren't able to travel will someday have the hope she has.

Her positive attitude is noticeable in her daily life, from Gamet, to her high school counselor, even for the hospital psychiatrist.

"I was so fortunate, I never got down. Life is still good," Arndt said.



Bama bound?
B2 to preview
the upcoming
playoff games

Almost time
See B3 for more on
women's basketball

WINTER SPORTS PREVIEW

11 / 16 / 06

—NW MEN'S BASKETBALL

Pointing in the right direction

Senior not afraid of task, he uses past to look forward

Jerome Boettcher
Sports Editor

Reggie Robinson doesn't shy away from challenges—he welcomes them.

Maybe it's because the Northwest senior's lived a life full of them.

The most recent tall task came when Northwest men's basketball point guard Mose Howard suffered an anterior cruciate ligament injury last April.

Howard, in his second year at Northwest, was supposed to be the point guard for the 2006-07 squad. However, Northwest men's basketball coach Steve Tappmeyer had to quickly turn to Robinson, who is also in just his second year at Northwest. Robinson came off the bench last season and helped Howard at the point guard position—but didn't serve as a leader.

Now, that's exactly what he'll have to do. "I like challenges, that's the thing about it, is where I'm from, you got to be able to do the things that people think you can't do," Robinson said.

Father knows best Robinson admits it.

He grew up seeing things that he probably shouldn't have seen. But that's how things went living in the projects in the South Side of Chicago.

"I think I saw a little bit too much," Robinson said. "It went from drugs to guns to murder, I've even seen people get killed before and saw people laying on the ground. Just something you wouldn't want to see as a human being, so as a child to see something like that it was kind of crazy."

Luckily, for Robinson, his father, Reggie, wanted the best for him. Robinson's parents separated when Reggie was about 10-years-old. Robinson's father played basketball at Texas Southern University but gave it all up to be there for his only son and child.

"Without him, a lot of stuff wouldn't be possible for me," Robinson said. "I honestly don't think I would be here if it wasn't for my dad."

Robinson lived with his mother, Elva Washington, in the projects, but Robinson's father wanted HIM to have a better life.

"I experienced a lot of stuff—no lights, no heat, boiling water on the stove to get heat," Robinson said. "...He grew up with so much drama, and he did do a great job with trying to get me away from that."

Robinson eventually moved away from the projects and into a better part of the South

Side. Despite being separated, Robinson's father—who is a Chicago police officer—and mother, who works for the Avon make up company, wanted the best for Reggie.

"They both they were like, 'You and me have problems, but we're not going to make him suffer,'" Robinson said.

Basketball saves Robinson said a big reason his father came back home was because he didn't want a single mother raising a kid in the projects. But he said nearby family members, such as his grandmother and cousins, helped the situation.

"The hard times were so good because we had each other," Robinson said. "It wasn't like 'Oh, we got to go through this again.' It was like, 'Hey, we're here, let's have fun.' We did, we had a lot of fun living down there; it was great."

Unfortunately, not all of Robinson's family could escape trouble. One of Robinson's cousins was involved in a shooting and is currently serving jail time.

"With him going to jail, that's when my dad knew he didn't want me around there," Robinson said.

So Robinson's father knew he had to get Robinson away from all of the crime and violence and one particular activity did the trick.

"The one thing that kept me away from everything, of course it was my dad being there, but it was the basketball aspect," Robinson said. "I can't play basketball where they're selling these drugs at, I have to go somewhere else to play basketball. Therefore, I wasn't around it."

Robinson went to Simeon J High School and averaged 15.2 points, 9.3 assists, 6.8 rebounds and 4.4 steals per game his senior season while serving as a captain. He also was named to the first team on the All-City squad.

After high school, Robinson went to Cincinnati State Community College where he played the shooting and point guard positions. After the 2004-05 season, Robinson wanted to make the next step in basketball, but he also wanted to keep education in mind. Out of 10 childhood friends, Robinson is the only one still in school.

"I'm just trying to stay positive, not to the road where 'Hey, my basketball career is over, my life is over with.' It's not. I've got a piece of paper saying I graduated from college," he said.

Paradise Tappmeyer and former associate head coach Darrien Vorderbrugg heard about Robinson after the player attended a basketball camp presented by Rick Ball in Orlando.

He then took a visit to Northwest and said he fell in love with it, not only for their basketball program but for academics.

Robinson is a sociology major with a coaching minor and wants to make sure he's got a degree.

see ROBINSON on B3

—NW WOMEN'S BASKETBALL

Sights set on improvement

Cali Arnold
Assistant Sports Editor

Losing the top scorer and top passer on a team might discourage some coaches, but not Northwest women's basketball coach Gene Steinmeyer.

Northwest graduated Laura Friederich and Meghan Blay from last season's team but have the remaining starters back to lead it through the 2006 season.

Steinmeyer said the team is focusing on defense early in the season to hopefully make up for the 72 points given up per game last season.

"Our perimeter shooting, I think, will be a strength," Steinmeyer said. "To go along with that, I think we got one of the better or more physical inside games in (junior) Mandi Schumacher. But to tell you the truth, I don't know how much it will help. But realistically, as we want to be the team we want to be, we have to go, now, defensively."

Senior guard Katie O'Grady agrees, knowing the team needs to improve on that area of the game from last season.

"Defense, defense, defense," O'Grady said. "That's a big part of what we need to work on to get the wins. I'd say that's the main thing Coach has been emphasizing so far. We have quality players who can score points, but if the other team's scoring points too then that's a problem."

To help get the defense in tune, there is a men's practice team that comes to practice against the

women. Schumacher said having them there to practice against is a big plus for the team.

"We've just been working on playing against bigger bodies, working on boxing out and just being a stronger team because we're not necessarily the fastest or biggest team, but we're really working on being tough," Schumacher said.

Steinmeyer said losing Friederich was huge for the team but looks for sophomore Jessica Burton to pick up in the scoring aspect for the Bearcats. Kelli Nelson and Schumacher, who each averaged double digits last season, and O'Grady, who led the team in free throw percentage, will also contribute to the offense.

Northwest will be looking at a smaller bench this season but doesn't necessarily see that as a problem. With 10 players suited up and one returning for the second semester to make 11, each player gets more touches and playing time, especially in practice.

"I think it (a smaller roster) will probably help us out," O'Grady said. "It just seems like it's more of a team and less individual, so, so far so good."

Agreeing that fewer girls will be better for the team, Steinmeyer said the team will be fine as long as everyone stays healthy all season.

"It will hurt us depth wise, but it won't hurt us quality wise," Steinmeyer said. "A squad of 11 is a great number because it's not hard to keep 11 kids happy. Everybody wants to be playing, and even though we won't play 11 kids regularly,

see WOMEN on B3

—NW MEN'S BASKETBALL

Team ready to rebuild

With only one returning starter coach Tappmeyer looks to establish leaders

Brett Barger
Assistant Sports Editor

Northwest basketball coach Steve Tappmeyer has a challenge ahead of him and he'll be the first to admit it.

With one returning starter, chemistry will be key for the Bearcats when they open the season Friday with the Ryland Milner Classic at Bearcat Arena.

Junior forward Matt Withers returns as the lone starter after averaging 7 points per game, while pulling down 4.9 rebounds a game.

"As good as a player he is, he's not a big scorer, so we lose so much of our offense from last year," Tappmeyer said.

The Bearcats, who finished 22-10 last year, are without senior point guard Mose Howard. Howard, who led the team in scoring, tore his medial collateral ligament and anterior cruciate ligament during off-season workouts last April.

"It was a real blow to us," Tappmeyer said. "I think Reggie's (Robinson) progressed, but we've had time to prepare for that."

Of the four new starters, Robinson comes in with the most experience. He finished second on the team last season in assists and scored 6 points per game, while

only playing 23.9 minutes a game.

"I've been a point guard all my life," Robinson said. "I'm ready to go into the season and make teammates better."

With Howard out, the leadership role falls on Withers.

"When Mo (Mose) went down at the end of last year, me and Tapp (Tappmeyer) had a meeting," Withers said. "He talked about me stepping up and being one of those leaders, even though I'm not a senior and not a captain. I still need to step up and be a leader on the floor."

The team is also without Xavier Gaines, who graduated after averaging 13.2 points and 4.7 rebounds per game. After backing up Gaines last season, junior Andy Peterson steps in at the small forward position. Last season, he shot 42 percent from three-point range, averaging 22.3 minutes a game.

"He's got so many intangibles," Tappmeyer said. "The one thing he is missing is he's not played extended minutes in a game."

Shooting guard is the only position that is not set for Tappmeyer, who is in his 19th season. Dillon Higdon, John Hawkins, Clint McFall, Mike Larsen and Lance Sullivan are players that Tappmeyer said could fill the position.

"We're probably going to have two players out of that core of 22, and we are going to establish," Tappmeyer said.

Stepping in as the sixth man is senior Victor James. He averaged 2.8 rebounds a game, coming off the bench.

see MEN on B3

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—OFF THE FIELD

Crew gets set for playoffs

Megan Heuer
Missourian Reporter

Hanging on the wall next to the green foam finger and Bearcat paraphernalia is a sign reading "Stay positive" and scribbled below "On moving each year."

The Northwest Athletic Grounds Crew has to keep this in mind as they've moved four times in the past five years with locations including a cow shed with no electricity or water, an old grain bin and their current location at the old armory. The stadium renovations began when the stadium renovations began.

"We have no place to go but to the new one," supervisor Bobby Brick said.

For the first time, they look forward to the promise of a permanent residence, near College Park, with a projected completion of Feb. 28.

What better year to make the move than a year when they were asked to be featured in the Pioneer Paint and Equipment calendar. A Pioneer salesperson suggested they enter photos to showcase Bearcat Field while visiting campus. He also suggested they enter the Sports Turf Management Association Field of the Year competition.

Because entering the competition requires photos from four consecutive years, sports field keeper Danny Smith said they have to act now because of the potential switch to synthetic turf.

When the transition occurs Smith said it would change everything. Currently, the crew is involved in building fields, painting, aeration, fertilizing and irrigation. They also oversee other projects including work at Mozingo, painting the paws on Fourth Street and upkeep on all practice and playing fields.

"We're kind of the jack of all trades, we do a little of everything," athletic grounds crew member Danton Green said.

The daily routine changes every day Smith said, but their favorite part is the variety. Helping share the work load each semester are the four to seven student workers.

Former student worker and mascot Bobby the Bearcat Sean Emerson suggested the crew share their knowledge with others because most smaller schools have athletic directors or janitors overseeing their field with little training, lots of turnover and small budgets. In June they organized

a field day.

Local high schools in St. Joseph, Ravenwood, Stanberry and Albany brought their athletic grounds keepers to learn from Brick's team. Guest speakers from ProSource One and Ewing Irrigation taught them field upkeep. There were more than 25 in attendance.

On Oct. 4, STMA held their monthly field day for larger schools as well. Smith said both opportunities were just a chance for others to network.

Building a network of their own, the crew is recognized by fans at the games as well.

"I like it when people visit and ask us if it is a synthetic turf field," Green said.

Brick was also recognized on a campus level as well and awarded the Outstanding Supervisor Award in 2006.

His grandfather was a groundskeeper and his father worked in a greenhouse. Brick continued a tradition and has been with the Athletic Grounds Crew for 17 years. He never misses a home game and travels regularly with the team.

"The first game the players were laying down in the grass and said they could sleep in it, it was so nice and carpet-like" Brick said.

With the play-off games starting at home, a meeting was held for everyone involved to discuss potential game-day scenarios as it inches closer Smith said.

"Right now it's just hurry up and wait," Smith said.

The crew covered the field with the growth tarp after Homecoming to get it in the best condition as possible, and Smith said it is all weather dependent with snow possibly in the forecast and a busy week of preparations.

The crew doesn't see their work slowing down any after the season is over with the potential for field additions in the near future. On June 17 football teams were here for camps, and next year the goal is more. They also said the fields were used not only for academic sports fields, but for extracurricular, such as fraternities and other events.

With a promise of a permanent location in the near future and the continued success of the Athletic Grounds Crew, Brick leads a team who enjoy their work.

"We're the first ones there and the last ones to leave," Brick said.

—NW FOOTBALL



The Northwest football team celebrates after a 55-9 victory over Southwest Baptist University Saturday.

Team gets week off

Brett Barger
Assistant Sports Editor

There was never any doubt that 11-0 Northwest Missouri State would remain the No. 1 seed in the Southwest region.

As commentators opened the selection show on ESPNNews Sunday, some players were shaking heads and uttering low groans.

The shaking heads came as defending champion Grand Valley State was announced first as the No. 1 seed in the Northwest region.

Despite Northwest finishing 11-0 and winning the MIAA championship, the memory of last seasons 21-17 loss in the title game remains with the team.

"I'm sure everyone felt sick to their stomach when they showed the defending champ, Grand Valley State," Northwest defensive end Ryan Walters said.

At the end of the selection show, Grand Valley State was picked to repeat as champions, once again over Northwest.

Northwest coach Mel Tjerdema said the team can't afford to look ahead in the playoffs.

"I'm sure our team would like to be in that position again," Tjerdema said. "There's no margin of error. If you mess up, you're done, and they realize that."

For the Bearcats, the Southwest region features one conference Northwest has played in the playoffs before. Midwestern State, Abilene Christian and West Texas A&M are all from the Lone Star Conference. Last season, the "Cats defeated Lone Star conference member Angelo State in the first round of the playoffs. Northwest could have played West Texas A&M but they were bounced out in the second round by Pittsburg State.

"Everybody we play is going to be good," Tjerdema said. "It doesn't make any difference who we play."

Chadron State, the lone representative from the Rocky Mountain Athletic Conference, holds the No. 2 seed. They enter the playoffs looking for their first playoff win in four attempts.

Perhaps the biggest reaction of the afternoon came when the four and five seed pairing of Midwestern State and Missouri Western were announced. There was applause from the team and the crowd, just as if Northwest had grabbed the final playoff spot, like they did last season.

The winner plays Northwest on Nov. 25. Tjerdema said he didn't care who wins the game, despite the potential rematch of bitter rivals in the second round of the playoffs at Bearcat Stadium.

"I think Midwestern is an awfully good football team," Tjerdema said. "Of course, Western,



Running back Sheldon Cook races towards the end zone against Southwest Baptist Saturday.

Teams ink recruits

Staff Reports

Northwest volleyball coach Anna Tool announced the signing of two recruits for the 2007 season this week.

Amber Ryan, a 6-0 middle hitter from Esko, Minn., High School, was a four-year letterwinner in volleyball. Ryan attends the same high school Tool graduated from in 1995. Sara Falcone, also a 6-0 middle hitter, was also signed by Tool this week. Falcone, a senior at Gross Catholic

High School in Omaha, Neb., helped her team place second in the Class B Nebraska state tournament this season.

Northwest women's basketball coach Gene Steinmeyer announced Monday the signing of Alicia Bell. Bell, a 5-5 guard, is a four-year varsity starter for Benton and averaged a double-double her sophomore and junior years. She earned all-state honors the past two seasons and is a McDonald's All-American nominee this season.

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—NW TRACK

Runners carry into winter

Nate Gonner
Missourian Reporter

While it might be chilly outside, things are starting to heat up indoors.

The Northwest Missouri State men's and women's indoor track teams are preparing for their upcoming season. According to one coach, expectations are high. But for one it's a different tale.

On the men's side, the Bearcats are trying to build off of last year's second place finish at the MIAA championships. They return three athletes who qualified for the NCAA championships last year.

Coach Richard Alsop expects great things from this year's team.

"We go into every season thinking that we can win the MIAA championship," Alsop said. "We try to do our homework and stretch well so we stand a better chance of not straining any muscles so we can make that dream a reality."

The most notable out of the group is EJ Falkner, who finished fifth and sixth in the 400-meter and 200-meter races.

Junior Bayo Adio won last year's high jump at the MIAA Championships in both indoor

and outdoor track and qualified in the high jump at the NCAA Championships.

He also won the Dave Farmer Men's High Jump Traveling Cup at the USA Track and Field Championships (USATF) in Los Angeles. Adio has a different approach to this year's season.

"My expectations for myself are higher this year," Adio said. "I am in better shape, I am stronger and I expect to compete at a level that I have never competed at before."

Senior Eric Isley rounds out the returning NCAA qualifiers. Last year he qualified in the 800-meter race in the NCAA championships and is the best mid distance runner coming back for the 'Cats. The only loss for the men's team was Travis MacKenzie who graduated. Last year he qualified for the NCAA Championships in the weight throw.

On the women's side they will try their best to move on without their only NCAA Championship qualifier from last year Alisha Samuel. Other than Samuel it was a very rough year for the women's team.

The women will try to improve on last season where they finished sixth in the MIAA Championship.

Last year Samuel qualified for the 60-meter race.

Coach Scott Lorek is more concerned about his team's individual performances.

"Our expectations are really individual improvement across the board," Lorek said. "We want to meet our individual goals."

The key returners include sophomore Tierney Eaton, who will high jump for the 'Cats. Sophomore Anna O'Brien and junior Karah Spader will be running distance events. Rounding out the key returners is Stacey Loemker who will compete in the shot put.

An up and coming player to watch out for is freshman Johanna Avilez, who will be competing in the long jump and triple jump, as well as hurdles this season for the 'Cats.

Avilez is optimistic of the upcoming season despite being a young team.

"We do have a lot of freshmen on this team but they are stepping up," Avilez said. "It's pretty exciting because practices are more enjoyable because of all the competition the freshmen are presenting."

The teams will open up the season Dec. 8 at the Iowa State Holiday Open in Ames, Iowa.

MEN: Challenge ahead for Northwest coach

continued from B2

James' stats are not eye-popping, but Tappmeyer says the energy he brings to the team makes him a suitable star man.

"Vic and I talked a lot and I think he's always played better coming off the bench," Tappmeyer said.

The 'Cats came off a 22-10 season in which they advanced to the Sweet 16, eventually falling to Tarleton State on a tipped shot at the buzzer.

Tappmeyer said that his team,

which was picked fifth in the MIAA preseason coaches poll, must be ready to play when the conference season begins.

"It's such a tough league," Tappmeyer said. "That's where if you feel like you have a potential chink in your armor at any position, you're going to have to be really prepared to play."

Tappmeyer said he was surprised where his team was picked in the MIAA, but even more surprised that his team was picked No. 18 in the preseason National Association of Basketball Coaches (NABC) top

25 poll.

"You're kind of sitting there with a bulls eye on your back, but you're playing with a very inexperienced team," Tappmeyer said. "But, we're just trying to be a team that keeps getting better all year long."

The team comes off an exhibition game against Bradley University and a scrimmage against the University of Nebraska-Omaha. "I think we've made a lot of progress," Withers said. "We do have a lot of new guys coming in that are going to contribute a lot and they've made a lot of progress."

ROBINSON: Senior uses past to make him stronger

continued from B2

"That's the good thing about being with Coach Tapp, he always wants to make sure his players graduate and get a education," Robinson said. "That's the one thing I love about him, he has me on that road; he doesn't just look at it as just basketball."

Robinson, last year, came off the bench behind Howard and Addae Houston.

Robinson averaged around 23 minutes per game and led the team in assists in 13 games.

After Howard suffered his

injury in April, Tappmeyer was put in a tough spot to see who would fill the void.

"I don't want to put all the pressure on him, but we'd like to have the ball in his hands quite a bit and allow him to score," Tappmeyer said. "Everybody's playing his three-point shot but we told him to use some penetration... he's battled through that, he's no longer a first-year guy."

After this season, Robinson said he's not sure where he'll end up. He graduates next December and after that he is thinking about going back to Chicago.

Though Chicago was tough at times, Robinson said it is home and he'll never forget where he's from.

In fact he thinks it made him stronger. "He wanted me to get the strengths from it," he said. "You will get strengths from it, growing up and being in the neighborhood. Some kids at that level have to grow up fast. It's not always fortunate that everybody's going to have that dad around like I have."

"I'll never forget where I'm from. I don't think it's possible."

WOMEN: Squad hopes to improve

continued from B2

One of the main goals for the team this season will be improving on the 15-13 record posted last season. Schumacher, O'Grady and Steinmeyer agree that the team has proven it can hang with the top teams in the conference.

"It will be a huge disappointment if we don't make it to the top of the MIAA or at least the top three is our goal," Schumacher said.

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—NW PRACTICE SQUAD

Practice squad helps team out

Jerome Boettcher
Sports Editor

Mandi Schumacher flashes a smile after dropping in a basket over a defender during Tuesday's practice.

This isn't just any defender. Cody Jenkins just shakes his head in disbelief.

Jenkins, a former all-state selection for nearby Jefferson High School, is competing against a different team than he's used to—the Northwest women's basketball team.

Jenkins is one of 11 guys on a men's practice squad that practices against the women's team two to three times a week.

"When you feel that elbow in the back of your ribs... you kind of get a little bit more into it and you still don't know where to stop and where to go," Jenkins said. "With a girl you always think they're weak, but these girls, they're not weak. They get right up there and they fight with you and they want you to go all out because it doesn't do anything for them if you just are weak with them."

Northwest coach Gene Steinmeyer decided to use a men's practice squad because he only had 11 players on the roster. Worried about injury and over-exhausting his players, Steinmeyer only has to use five players at a time when scrimmaging with the men's squad.

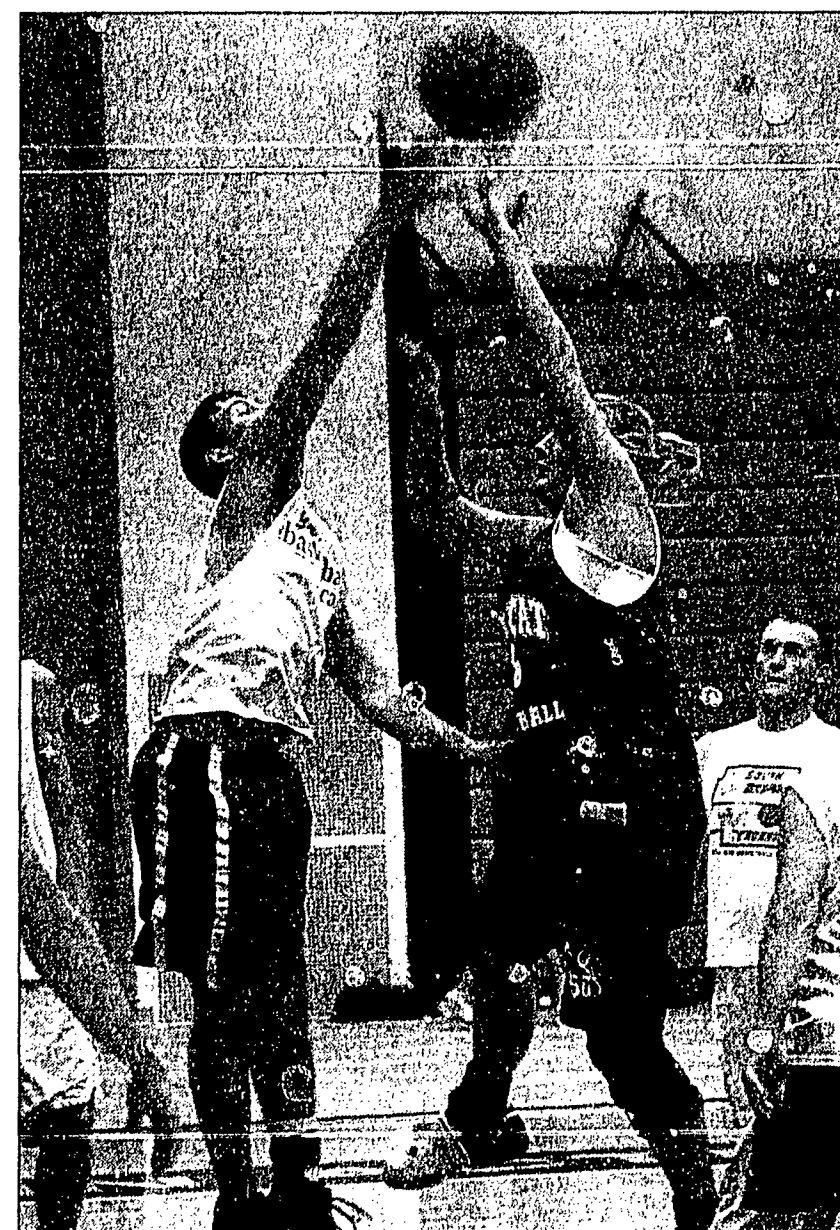
The team's scrimmaged against males before but never practiced against them—so Steinmeyer was skeptical at first.

"I was leery because (maybe) we'd have lost confidence, we couldn't handle things," he said. "But just take a look at the MIAA (conference) and we can lose confidence without a guy's squad. I think it will make us more ready to play for the big games."

Steinmeyer said it's made his team stronger and said it's the best scouting system the team's had since he's been at Northwest. Having 11 extra bodies allows the women's team to face a simulation of sorts because the men's squad runs the upcoming opponent's offense and defense.

"We're a healthier squad than I think we would be if we didn't have them," Steinmeyer said. "I think we're more physical than if we didn't have them."

Northwest has already seen some of the benefits. A week ago in



Northwest's Mandi Schumacher drops in a basket over Cody Jenkins, a member of the men's practice squad, Tuesday during practice.

an exhibition game against Division I Illinois State, Steinmeyer said the team wasn't really hurt in the transition aspect of the game. He said he thought it was because of the game speed the men brought with them.

With opposite sexes, egos can be involved and Steinmeyer said that initially it was a little uncomfortable, but neither side wanted to "be shown up" by the other. He said the attitude's spread—and after a month or so the team's gotten used to it. "I mean they liked the idea. I'm just not sure if they were totally sold on the benefits," Steinmeyer said. "I think we're a better team because of it. We'll see, we'll see what the end results are."

The women aren't the only ones benefiting. A lot of the male participants played basketball in high school and it is a way for them to stay in shape and not leave the game


of basketball.

In Jenkins' case it's just a warm-up for the next step. "I'm doing it to get my game back and get used to playing basketball again and try to get on the men's team next year (as a walk-on)," he said.

More than a dozen guys tried out in September for a spot on the practice squad. Steinmeyer said the team got a kick out of it because they sat in the bleachers with a pencil and paper, grading the men's skills.

The coach plans on using a practice squad again next year and thinks more people might come out. "Not everybody got in," Steinmeyer said. "I got a little feeling (that) once the reputation grows here I think we'll have a bigger tryout next year. Unless everybody wants to come back then we won't

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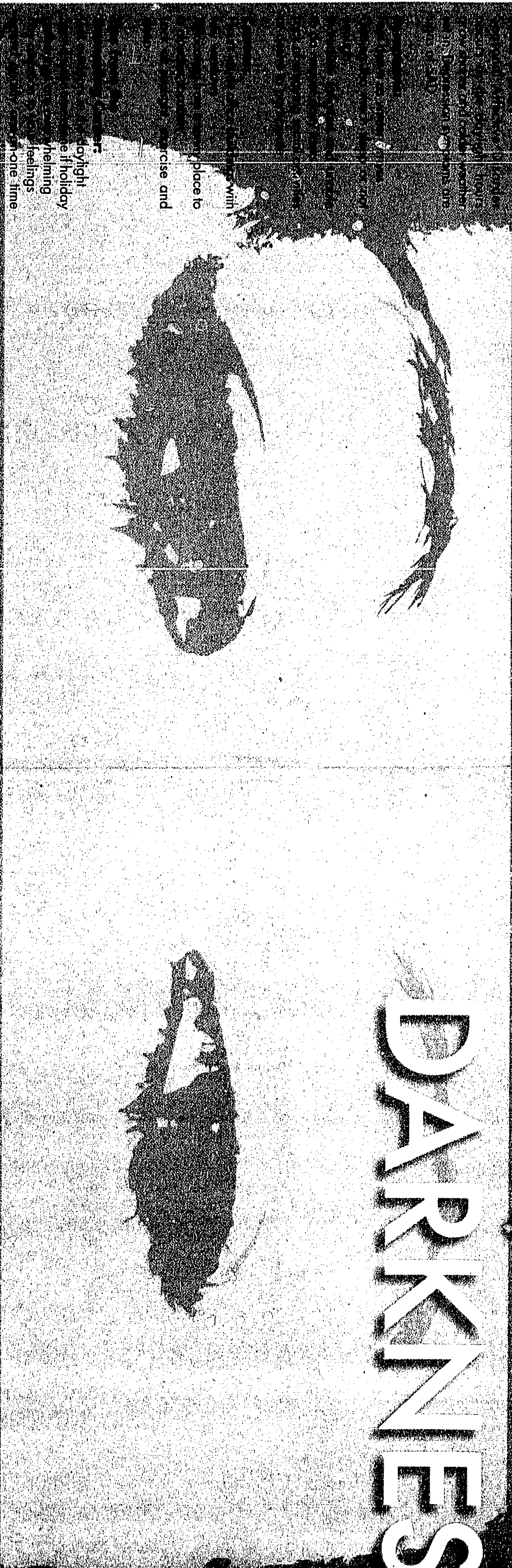
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Seasonal Affective Disorder can affect anyone, but multiple therapies provide relief through the anguish

Megan Haver Missourian Reporter

Does the dreary winter weather have you burrowing underneath a quilted rug and hardly getting out of bed in the morning?

A little doozy, right? Sorry, and the statistics say so. The lack of daylight causes the body to produce less melatonin, a hormone affecting sleep patterns. The sun may also affect mood, causing hope and social activity, according to the Centers for Environmental

Health.

The result: a form of depression called Seasonal Affective Disorder, better known in its less serious form as the "Winter Blues."

The leading SAD specialist, Norman Rosenthal's research shows the disorder affects 6 percent of the U.S. population each year. Older people are more susceptible because their bodies already produce less melatonin.

The shorter days and colder weather often causes

people to get less exercise and spend less time outdoors, which tends to fuel the disorder, counselor Mike Mattox of the campus Counseling Center said.

"It just shows the connection that we have as human beings to nature and how intertwined we are with nature," Mattox said.

But the Seasonal Affective Disorder isn't just a seasonal depression, several other seasonal issues are linked to the holidays, many worsen the symptoms of SAD, and traveling for the holidays is a stressor, Mattox said. "It's a good thing when changes in sleep, mood and social activity can contribute to SAD, changing the sense of ability of a person and possibly bringing on the blues."

When large groups are constantly gathered, it's sometimes good to be someone on one time with someone special to focus your thoughts, Mattox said.

"It can be especially important to take quiet time

on a daily basis," Mattox said. "It can be time to get outdoors, which tends to fuel the disorder, counselor Mike Mattox of the campus Counseling Center said."

Aware of how SAD often returns, Mattox said, "It's a good thing when changes in sleep, mood and social activity can contribute to SAD, changing the sense of ability of a person and possibly bringing on the blues."

When we try to do it, it's a good thing when changes in sleep, mood and social activity can contribute to SAD, changing the sense of ability of a person and possibly bringing on the blues."

Although some cases are mild, others can require therapy or other methods, Mattox said.

People experience the symptoms of SAD, and

as social worker Michelle Jones said, "It's a good thing when changes in sleep, mood and social activity can contribute to SAD, changing the sense of ability of a person and possibly bringing on the blues."

Light treatment is an effective way to deal with the symptoms, Mattox said.

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People experience the symptoms of SAD, and

Caused by decreased secretion of a hormone called melatonin

70 to 80 percent affected are women

Most affected are in their 30s